

MENUS FOR SEPTEMBER 2012

OCTOBER MENU ON OTHER SIDE

(OVER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p>  <p>OBSERVED</p>	<p>4</p> <p>Pot Roast w/ Gravy Red Potatoes Carrots Coleslaw Wheat Bread Ice Cream Milk</p>	<p>5</p> <p>Lentil Soup Chicken Caesar Salad Crackers Wheat Roll Mandarin Oranges Milk</p>	<p>6</p> <p>Beef Stroganoff Noodles Baked Yellow Squash 4 Bean Salad Wheat Bread Fresh Fruit Milk</p>	<p>7</p> <p>Pork Roast w/ Apricot Honey Sauce Sweet Potatoes Broccoli Mixed Salad Wheat Bread Oatmeal Milk</p>
<p>10</p> <p>Meatloaf w/ Gravy Mashed Potatoes Spinach Broccoli Slaw Wheat Bread Ice Cream Milk</p>	<p>11</p> <p>Chicken Tostada Spanish Rice Black Beans Lettuce & Tomato Orange Milk</p>	<p>12</p> <p>Sloppy Jo Sandwich French Fries Carrots & Peas Coleslaw Wheat Bun Chocolate Chip Cookie Milk</p>	<p>13</p> <p>Roast Turkey w/ Gravy & Cranberries Sweet Potato Squash Green Salad Wheat Bread Pears Milk</p>	<p>14</p> <p>Split Pea Soup Tuna Salad Crackers Carrot & Raisin Salad Sliced Tomato/Lettuce Wheat Bread Mandarin Oranges Milk</p>
<p>17</p> <p>Beef & Broccoli Brown Rice Asian Slaw Chinese Noodles Fruit Cocktail Milk</p>	<p>18</p> <p>Chicken Cacciatore Pasta Peas & Carrots Green Salad Wheat Bread Fresh Fruit Milk</p>	<p>19</p> <p>Baked Fish w/ Spanish Sauce Baked Sweet Potato Green Beans Green Salad w/ Tomatoes Wheat Bread Fruit Compote Milk</p>	<p>20</p> <p>Vegetable Beef Soup Greek Chicken Salad Crackers Wheat Roll Pineapple Chunks Milk</p>	<p>21</p> <p>Swedish Meatballs Noodles Red Cabbage w/ Apples Bean Salad Wheat Bread Sherbet Milk</p>
<p>24</p> <p>Tilapia Scampi Style Mashed Potatoes Vegetable Blend Mixed Green Salad Wheat Bread Mandarin Oranges Milk</p>	<p>25</p> <p>Baked Ziti Casserole Broccoli Caesar Salad Garlic Bread Pudding Milk</p>	<p>26</p> <p>Minestrone Soup Polynesian Chicken Salad Crackers Wheat Roll Oatmeal Cookie Milk</p>	<p>27 Crazy Hat Day</p> <p>Beef Stew Red Potatoes Corn Carrot, Raisin Slaw Biscuit Pineapple Milk</p>	<p>28 Birthday Celebration</p> <p>Crispy Fish w/ Tartar Sauce Or Roast Beef w/ Gravy Green Beans Broccoli Wheat Bread Cake Milk</p>
<p>October 1</p> <p>Baked Crispy Chicken w/ Gravy Brown Rice Vegetable Blend Black Eye Pea Salad Wheat Bread Canned Apricots Milk</p>	<p>2</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Spinach Mixed Greens Wheat Bread Fruit Cocktail Milk</p>	<p>3</p> <p>Barley Beef Soup Pinwheels Sandwich Crackers Beet Salad Mandarin Oranges Milk</p>	<p>4</p> <p>Baked Fish w/ Lemon Sauce Peas & Carrots Cole Slaw w/ Pineapple Wheat Bread Fresh Fruit Milk</p>	<p>5</p> <p>Chicken Jambalaya Brown Rice Green Beans Mixed Green Salad Wheat Bread Plums Milk</p>

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(OVER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1 Baked Crispy Chicken w/ Gravy Brown Rice Vegetable Blend Black Eye Pea Salad Wheat Bread Canned Apricots Milk	2 Salisbury Steak w/ Gravy Mashed Potatoes Spinach Mixed Greens Wheat Bread Fruit Cocktail Milk	3 Barley Beef Soup Pinwheels Sandwich Crackers Beet Salad Mandarin Oranges Milk	4 Baked Fish w/ Lemon Sauce Peas & Carrots Cole Slaw w/ Pineapple Wheat Bread Fresh Fruit Milk	5 Chicken Jambalaya Brown Rice Green Beans Mixed Green Salad Wheat Bread Plums Milk
8 Crispy Fish w/ Tartar Sauce Or Roast Beef w/ Gravy Green Beans Broccoli Wheat Bread Ice Cream Milk	9 Minestrone Soup Crackers Stir Fry Chicken Brown Rice Mandarin Oranges Milk	10 Beef Stew Red Potatoes Corn Carrot, Raisin Slaw Biscuit Pineapple Milk	11 Beef Barley Soup Crackers Orange Glazed Chicken Baked Potato Carrots Wheat Roll Fresh Melon Milk	12 Meatballs w/ Italian Sauce Pasta Broccoli Bean Salad White Roll Citrus Gelatin Milk
15 Herb Roasted Chicken Brown Rice Mixed Vegetables Green Salad Wheat Bread Peaches Milk	16 Pot Roast w/ Gravy Red Potatoes Carrots Coleslaw Wheat Bread Ice Cream Milk	17 Lentil Soup Chicken Caesar Salad Crackers Wheat Roll Mandarin Oranges Milk	18 Beef Stroganoff Noodles Baked Yellow Squash 4 Bean Salad Wheat Bread Plums Milk	19 Pork Roast w/ Apricot Honey Sauce Sweet Potatoes Broccoli Mixed Salad Wheat Bread Pudding Milk
22 Meatloaf w/ Beef Gravy Mashed Potatoes Spinach Broccoli Slaw Wheat Bread Ice Cream Milk	23 Chicken Tostada Spanish Rice Black Beans Lettuce & Tomato Orange Milk	24 Sloppy Jo Sandwich French Fries Carrots & Peas Coleslaw Wheat Bun Chocolate Chip Cookie Milk	25 Roast Turkey w/ Gravy & Cranberries Sweet Potato Squash Green Salad Wheat Bread Apricots Milk	26 Birthday Celebration Split Pea Soup Tuna Salad Crackers Sliced Tomatoes & Lettuce Carrot & Raisin Salad Wheat Bread Cake Milk
29 Beef & Broccoli Brown Rice Asian Slaw Chinese Noodles Fruit Cocktail Milk	30 Chicken Cacciatore Pasta Peas & Carrots Green Salad Wheat Bread Fresh Fruit Milk	31 Halloween Costume Party! Goblins Eyeballs Slimy Worms Bushes Garden Grub Dracula's Favorite Rainbow Sherbet Milk	November 1 Vegetable Beef Soup Greek Chicken Salad Crackers Wheat Roll Pineapple Chunks Milk	2 Baked Fish w/ Spanish Sauce Baked Sweet Potato Green Beans Green Salad w/ Tomatoes Wheat Bread Fruit Compote Milk

MENUS SUBJECT TO CHANGE WITHOUT NOTICE